

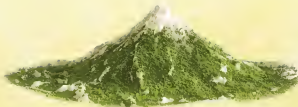
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Annual Travel Issue

Gourmet Trains Running Through Japan
Travel Back to the Time of Samurai in Castle Towns



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Special Interview

Maia & Alex Shibutani
(Ice Dancers)

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The themes of the cover of this month are "Travel to Japan" and "Green Tea". To find out more about them, check out the featured section from page 5.

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Produced by The No. 1 Japanese
free paper in NY, NY, Japan



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PEOPLE

02

Maia and Alex Shibutani

Skating Maia and Alex Shibutani are reigning National Ice Dancing Champions. After their successful 2015-16 season (crowned with their personal best score), Maia Shibutani chats with *Chopsticks NY*.

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Bubble Tea

Food: Fresh Frozen Ramen for Home-Cooking

Book: The Vegetable Sushi Cookbook



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"Some of our biggest focuses are keeping the purity and quality of skating. We are always striving to make things appear effortless."

— MAIA AND ALEX SHIBUTANI

*Reigning National Ice Dancing Champions and siblings, Maia and Alex Shibutani have been competing since the 2004–05 season. Their 2015–16 season culminated with their personal best score at the World Championships held in Boston this past April. Here, Maia Shibutani chats with *Chopsticks NY* and talks about the passion she and her brother have for skating, their career paths, and the next Olympic Games*



Congratulations on your achievements at the World and National Championships! The 2015/16 season has been the most successful year in your career. How do you feel?

Thank you so much! We are very proud of how we ended our 2015/16 season. We accomplished many firsts for us including winning our first National Title, first Four Continents Championship, and our first World Silver Medal. A lot of people from all over the world have been tremendously supportive of us. We are extremely grateful because we have been working hard to bring our skating to another level.

How did you start skating in the first place, and what made you choose ice dancing?

When we were kids, it was very popular for our friends to have birthday parties at skating rinks. You would take a few laps around the rink with your friends, open presents, and eat pizza. We entered U.S. Figure Skating's Basic Skills program because our parents wanted us to be able to enjoy ourselves - basically, knowing how to skate was a skill for social dance. When I was four, I fell in love with skating right away. At the time, Alex was seven. After completing the U.S. Figure Skating Basic Skills program, he stopped for a bit. He decided to take it up again after he saw how much fun I was having. We skated separately for the first few years, but we started skating together after we saw the ice dance event live at the 2001 and 2003 World Championships. The speed and skill of the ice dancers really impressed us. Originally we tried ice dance to help our individual skating, but we quickly discovered we had fun

© Rob Kaman USA TODAY Sports

working together and we went passionate about ice dance.

You are known for your perfect unison and beautiful steps. How else would you describe the Shibetsu style?

Those are both huge compliments! We have been very lucky and have been coached by some incredible people over the years. Some of our biggest focuses are keeping the purity and quality of skating. We are always striving to make things appear effortless. A quality that is very important to us is how quiet our blades are on the ice.

You are brother and sister, and that is unique by itself in the world of competitive ice dancing. What competitive advantage do you think that gives you?

It is a competitive advantage for us because we know we have a stronger relationship than anyone else competing in the field. So much about having a successful partnership is trust and communication. We have known each other for my whole life. Of course there are challenges along the way, but we love each other. That is very powerful and we know that together we can accomplish whatever we set our minds to.

On the other hand, what are some of the difficulties of being a brother-and-sister pair?

When you work closely with anyone whether it's a co-worker, spouse or sibling, there are always challenges. While we get along incredibly well, we are not the same person. We have different personalities, different strengths, and we definitely don't always agree. When we are working, because we know each other so well, we don't need to filter what we say to each other. That honesty can be a little blunt at times, but in the end we realize it is a strength. We both bring our very best to the team and can work through challenges quicker than teams that are concerned about being overly polite with each other.

Do you have any role models in skating? How do they inspire you?

We have been very fortunate to have many incredible role models and mentors in our sport. It's one thing to admire someone's skills, but as an experienced people like Kiri Yonaguchi, Scott Hamilton,



and Michelle Kwan have also been generous with their time. Talking with them and being inspired by them at a young age really helped us as we were developing. To have them be mentors and friends now is really special. They along with other skaters, have continued to influence how we want to interact with young skaters that approach us. If we hadn't had as many positive experiences that could have changed our impression of the sport.

How does your Japanese-American background influence your skating and approach to life?

I'm not sure how much our heritage has influenced us, but we have fantastic and supportive parents. They have always wanted us to pursue what we are passionate about. We were taught from a young age the importance of respect, hard work, and sportsmanship. While skating is a competitive sport, we realize that we are lucky we get to perform and share what we love with people from around the world.

Your parents have music/art backgrounds. Do they ever offer suggestions for your programs regarding your choice of music, storytelling, or choreography?

Our parents have musical backgrounds and growing up we always had music playing in the house. I never played an instrument, but I was always dancing around the living room. It is fortunate that our parents are knowledgeable and that we can ask them for their input and suggestions. Between them and



▲ The Shibetsus cheer the audience during the first dance program of the 2010 Winter Olympics, in which they took the silver with their previous best score. © Michelle Kwan/Getty Images

▲ A spectacular Miho Matsui and Alex Shibetsu at the 2012 Figure Skating Championships in January 2013. © Eric Feltz USA TODAY Sports

our coaches, we have a great team.

The next Olympics are less than two years away. What do you think you need to improve in order to reach the podium?

Since competing at our first Olympics in 2014, we have a better understanding of the pacing and the build up to the Games. We have a strong plan with our coaches. Our end goal is to be the best we can be when we are skating in PyeongChang. We are on a great track, so it's exciting that we can continue to find ourselves as artists and athletes during the next two years leading up to the Olympics.

What are some of your favorite Japanese foods?

Some favorites include sashimi, agedashi tofu, tonkatsu gyozos, takoyaki, gyoitoko and ramen. Basically, we LOVE all Japanese food.

Please share some of your favorite places in Japan with *Chopsticks NY* readers—or if there are any places in Japan you have never visited but would like to visit, please share those.

The first time we visited Japan was for a competition in 2009. Since then, we travel to Japan two-three times a year on average. Some of our favorite cities are Tokyo, Osaka, and Nagoya. A city we would love to explore more is Kyoto. When we went on a tea, we passed through, but it was only for one dinner.

All Things New from Stores, Products to Events

CAFE

Natural and Healthy Japanese-Style Bubble Tea

There are no shortage of bubble tea shops in the city, but many mix your drinks behind a wall so you don't really know what is going into it besides flavored powder. At the new Japanese style bubble tea shop NISHOHON Tea Room located on St. Marks, the open layout allows you to see all of the fresh ingredients being added to your tea. The largely unadorned physical space at NISHOHON, which means tranquil in Japanese, is designed to provide customers with a moment of calm. The menu consists exclusively of matcha (green tea) based drinks, with different flavors such as lavender, vanilla and hazelnut and creative mixes such as Tokyo Fog and Green Haze.

NISHOHON, whose name is a palindrome and reflects its circular concept of gathering, places the ultimate premium on mostly organic, high quality ingredients. For example, the green tea leaves used are imported from Japan and each drink is individually whisked once ordered. The two alt milk options are vegan almond or soy milk, and available toppings are tapioca or red beans. You sit at the window bench seat to enjoy a quiet interlude during your busy day. For those on the go NISHOHON's creations are the perfect accompaniment to walking on a lovely spring day!



After you order, enjoy drink & hand whisked using organic green tea from Japan



The whisked foam poured over the milk and toppings of your choosing



Milk can be substituted for tea well before drinking to get all the good stuff!



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FOOD

Fresh Ramen Flavor at Your Own Table

The ramen craze in the U.S. shows no sign of slowing down. In accordance with this trend, home-cooking ramen options are also growing. This February, 25-year veteran noodle manufacturer and distributor, TMF Trading released *Fresh Japanese Style Ramen*, a fresh frozen ramen. It allows you to create freshly-made ramen taste and aroma at home without any hassle. It comes in the three enticing soup flavors of Miso, Shoyu and Tonkatsu, all classic Japanese ramen tastes. The noodles are straight and thin with a resilient texture, developed from TMF's extensive noodle making experience. The recommended way to enjoy this premium and authentic quality ramen is to boil the noodles for only 1-2 minutes, add a soup flavor packet at the end, and top with soft-boiled Japanese-style egg, fish cake and scallion to serve. Fresh Japanese Style Ramen is available in select Chinese supermarkets and retailers in the tri-state area.



Info: www.tmftrading.com

BOOK

The Vegetable Sushi Cookbook – Simple, Fresh, and Delicious Recipes

For vegetarians, making sushi at home might sound intimidating. Ms. Iseko Shoy, one of Japan's top food bloggers, would tell you that it is, in fact, a very convenient way to savor seasonal, fresh vegetables. Her blog on vegetable cooking matches an average of 150,000 unique users daily and her first cookbook in the U.S., *The Vegetable Sushi Cookbook* (released by Kodansha USA in April) features over a hundred mouthwatering vegetarian sushi recipes that will appeal not only to vegetarians but also to health-conscious foodies. Ms. Shoy says, "You don't need special techniques to make sushi with vegetables. You can by various considerations by grilling, simmering, and frying them." The simpler, shorter prep time options that the vegetables retain much more of their taste and nutritional value, and it is the perfect way to savor seasonal flavors as well.

In this 112-page, full-color cookbook, Ms. Shoy covers all types of sushi, from nigiri (a football-shaped rice ball with toppings) to *asahi* (a roll) to *chirashi* (sushi rice with assorted toppings) to *dashimaki* (pressed sushi) and more. "Have fun, cook less, eat well, and enjoy every last bit of delicious vegetable sushi," says Ms. Shoy.



Info: www.kodanshausa.com

06. Gourmet and Luxury Trains Running Through Japan

One of the most exciting aspects of visiting foreign countries is trying local foods. The perfect way to travel and eat your way through Japan is by riding a regional gourmet train. Here we introduce two notable gourmet trains.

08. Travel Back to the Time of Samurai in Castle Towns

Visiting historic sites in Japan transports you to another time and place. Here is an overview that will help you understand your destinations without taking an advanced class in Japanese history.

12. Savor Green Tea at Home

June is the time of shincha, the first harvest of new tea shoots. Celebrating this, Chopsticks NY shares a thorough guide to enjoy green tea at home.



Gourmet and Luxury Trains Running Through Japan

One of the most exciting aspects of visiting foreign countries is trying local foods. Since Japan offers a wide variety of regional delicacies, you might be overwhelmed with the options in front of you and find yourself wondering how much you can enjoy in a limited amount of time. The perfect way to travel and eat your way through Japan is by riding a regional gourmet train, which features food and drinks made with local ingredients. Today, there are many regional gourmet trains in Japan, all different in size, route, length of travel, and price. Here we introduce two notable trains: one is a short course in the north and the other is a luxurious trip in the south.

TOHOKU EMOTION: Savor Northern Harvests in a Half-Day Journey



- 1 Seasonal vegetables perfectly complement roasted pork shank.
- 2 You might have a chance to encounter local people from the window of the running train.
- 3 Fresh sea harvests in the region is highly prized in many upscale restaurants in New York City.
- 4 The interior of the TOHOKU EMOTION train was designed by Kenjiro "Ken" Osagata, a Tohoku native and internationally known industrial designer who has also given rise to both Porsche and Ferrari.

All photos in this page courtesy of JR EAST

Tohoku, which literally means "northeast," is the northernmost region in Honshu, the main island of Japan. The Du Ma Mountains cut through Tohoku from north to south and separate the western side, which faces the Sea of Japan, and the eastern side, which faces the Pacific Ocean, giving the region a unique climate and helping it to develop diverse cultural features. Harvests from Tohoku include gourmet foods well known not only domestically but also globally: umi (sea urchin), scallops, squid, oysters, seaweed, wagyu beef, apples, cherries, peaches, and garlic, just to name a few.

The **TOHOKU EMOTION** regional gourmet train consists of 3 cars that accommodate 48 people total, allowing passengers to appreciate the tastes and atmosphere of Tohoku in comfort. It runs from Hachinohe Station in Aomori Prefecture to Kaji Station in Iwate Prefecture and highlights dishes crafted with regional ingredients from both land and sea. The featured chef changes periodically. Until the end of September, Chef Michiko Sakurai, a Tohoku na-

tive specializing in Italian cuisine, offers an exquisite menu (which changes according to the seasonal ingredients available) with a farm-to-table approach that perfectly highlights the tastes of Tohoku.

The gourmet train runs on a scenic coastal line encompassing two prefectures and overlooking the Pacific Ocean. During the five-hour round trip, you can appreciate local delicacies and breathtaking views. Lunch course is served on the way from Hachinohe to Kaji, and on the return trip, passengers can enjoy a variety of desserts and locally produced drinks served in a buffet style. Sit back, relax, and enjoy seasonal northern flavors to the fullest.

If you don't have enough time for the round-trip journey, there are shorter options available. For schedules and prices, visit the TOHOKU EMOTION website at www.jreast.co.jp/tohokuemotion/home.html.



Travel on the SEVEN STARS in Kyushu

Located in the southern part of Japan, Kyushu Island consists of seven prefectures: Fukuoka, Nagasaki, Saga, Kumamoto, Oita, Miyazaki and Kagoshima. The SEVEN STARS is a luxurious train that connects all of the seven prefectures, allowing passengers to appreciate Kyushu over the course of a 4-day (3-night) or 2-day (1-night) journey.

The SEVEN STARS has seven cars, including a lounge car, a dining car, and five cars containing a total of fourteen guest rooms (all suites), each of which is designed with a classic-modern East-meets-West aesthetic. The SEVEN STARS also features local crafts and materials from Kyushu, giving guests a sense of the region without even stepping out of the train.

The 4-day, 3-night journey, which visits five prefectures, starts at Hakata Station in Fukuoka Prefecture and heads to Naha in Okinawa Prefecture, which is famous for its onsen (hot springs). Passengers have a chance to walk around this touristery before enjoying a special dinner on the train made with ingredients from Kyushu. Guests then spend the night in their luxurious cabins aboard the SEVEN STARS.

On the second day, the train stops at Miyazaki Prefecture, and passengers can taste freshly harvested local vegetables. The train continues to Kagoshima Prefecture in the afternoon, stopping at famous Mount Kirishima. Passengers stay at a prestigious ryokan (a traditional Japanese-style inn).

The third day begins with breakfast at the ryokan followed by a short excursion in the private forest nearby. In the afternoon, the train travels through one of the most scenic passages, skirting along the coast that faces the East China Sea and entering Kumamoto Prefecture. French cuisine is served for dinner on the SEVEN STARS, and guests sleep on the train until it stops at scenic Aso in the early morning. The inspiring view of Mount Aso is the perfect end to this luxurious journey. There is a farewell event aboard the train on the way back to Hakata Station.

While the 4-day, 3-night journey covers the eastern and southern parts of Kyushu, the 2-day, 1-night journey goes to northern and western parts of Kyushu, encompassing Fukuoka, Saga, Nagasaki, Kumamoto, and Oita Prefectures. One of the highlights of the trip is a visit to a 100-year-old pottery town, Arita, which includes a trip to a porcelain kiln. The train travels through beautiful scenery on both the ocean and mountain sides. The stunning sunrise over Mount Aso in Kumamoto Prefecture is not to be missed.

Whichever option you choose, you will be immersed in the healing and flavor of Kyushu aboard the SEVEN STARS.



1. The SEVEN STARS travels around seven prefectures in Kyushu along the sea coast, through the mountains, and on the plains.
2. Located in the town of the train, the Blue House lounge is a cool area where passengers can enjoy the most of performances on the way.
3. Seen in the background is Mt. Kirishima, a volcano encompassing Kagoshima and Oita Prefectures.
4. Each room is designed with crafts and materials from Kyushu, such as Arita porcelain and Kumamoto-style woodwork. Passengers can enjoy their stay going at the beauty of Kyushu borders without.
5. Sake from "Kumamoto Sake" (served in the first lunch on the two-day journey).

10 photos make your journey on the SEVEN STARS.



Travel Back to the Time of Samurai in Castle Towns



Immersing yourself in a completely different environment is perhaps one of the most valuable aspects of traveling abroad. Visiting historic sites in Japan transports you to another time and place, and it is naturally a very popular activity with foreign visitors. But if you know more about the streets behind these historic towns, your visit will be more exciting and fulfilling both intellectually and spiritually. Here is an overview that will help you understand your destinations without taking an advanced class in Japanese history.

The first thing you need to know is whether it's a samurai town or an aristocratic town. Most of the historic towns in Japan were developed under samurai governments during the fifteenth to nineteenth centuries. There are a handful of aristocrat-focused towns, such as Kyoto and Nara—the former capitals of Japan—which both retain an elegant culture. The street plans of these capital cities are modeled after ancient Chinese capitals with their tidy grids.

In contrast, samurai castle towns have completed street structures for both defensive and offensive reasons. In a typical samurai castle town, streets radiate from the center of the town, a castle tower. Japanese castle towns are quite similar to medieval castle towns in Europe, but a Japanese castle is typically surrounded by a deep and extensive moat and numerous walls, while in Europe a wall usually surrounds the entire town as well as the castle.

During the periods when samurai governed, a castle was both the symbol of each governing clan and also a fortress, so there were numerous defensive features built into the town, such as dead ends and maze-like passageways to delay enemies trying to attack the castle. Usually the district closest to the castle was occupied by high-ranking samurai who served the lord of the castle. Other districts were based on occupations, such as blacksmiths, carpenters, oil dealers, and fabric sellers and dyers. These districts are not always easy to detect by looking at the town, and most of the original houses no longer exist, but there are historical towns that still use the same of the district from this period. If you learn about the background of a historic town you plan to visit, you can view the site with a larger perspective and enjoy the place even more.

If you want to dig into a town's history further, check out which clan governed the region. In the olden days when there were no fast and sophisticated transportation systems, each samurai town had to be self-sufficient. Each governing clan developed local industries by using available resources and thus created the foundation of regional manners, crafts and foods in Japan that remain strong today. Visitors can buy these regional crafts as souvenirs and enjoy the local flavor.



clan of regional manners, crafts and foods in Japan that remain strong today. Visitors can buy these regional crafts as souvenirs and enjoy the local flavor.

Visiting old temples and shrines and walking through traditional towns are fruitful experiences, but thinking about how each town developed while you do this lets you travel back to the time of the samurai.

Castle towns that take you back to the time of the samurai

Kanazawa

Kanazawa, formerly part of the Edo domain, was the most wealthiest domain during the Edo period (1603–1868) after the Tokugawa domain. The Maeda clan developed an elegant culture that blended the samurai spirit with Kyoto-style elegance. Visitors can walk through historical streets with samurai residences and entertainment districts and visit the gorgeous Kanazawa Garden. Visitors can also enjoy Kanazawa's thriving food culture, which has been nurtured from the Sea of Japan and beautiful vegetables (seasonal sweets). Crafts reflecting Edo's aesthetic sense—such as Kutani ceramics, lacquerware items embellished with gold leaf, and Edo period dolls—are great souvenirs.

Himeji



Known as White Heron Castle (Himeji Castle), a UNESCO World Heritage Site, has numerous dramatic stories behind it. The origin of this castle goes

back to the fourteenth century, and the master of Himeji changed several times during a turbulent period of war. Lord Kato constructed a major expansion of Himeji Castle and built the architectural foundation that we see today. This town around the castle still has many historical landmarks, which tourists can easily visit as a hopping bus route. Himeji Castle is one of the most loved castles and is featured in Hollywood movies such as *The Last Samurai* (2003) and *The Gully Line Peace* (in James Bond film from 1967) as well as Akira Kurosawa's *Kagemusha* (1980) and *Ran* (1985).

Kanazawa

Afterward Kagemusha Castle was established by Kiyomasa Katō, a well-known hero known to be an extraordinarily talented in combat and material in crafts/forbidden engineering. Lord Kato created the foundation of the Kanazawa region by developing street plans and irrigation systems and he also built visited domains. The Kato clan was unfortunately destroyed after his death, and for most of the Edo period the Kanazawa region was governed by the Maekawa clan, which accepted and maintained the governing philosophy established by Lord Kato.



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Voice from the students





Savor Green Tea at Home

If you are thinking about brewing green tea at home, it might be better to know the things you need to be successful. Black and green tea are different animals, so you cannot brew green tea in the same way as black. Whereas black tea goes through an oxidation process after the harvest, green tea in general doesn't. Accordingly, green tea has a more delicate flavor and aroma that can be ruined if not prepared properly. In order to savor the best aroma and flavor it's best to follow the steps that have been employed in Japan for centuries. Chopsticks NY consulted Mr. Ruchiro Kato, tea advisor at Ippodo Tea New York, about green tea home brewing,

Familiarize Yourself with the Types of Green Tea

Green tea is not just one single kind. Although they come from the same tree, there are several types of green tea due to different production methods, each of which has a specific taste profile. **Gyokuro** is a shade-grown tea that has lasting sweetness and unites with a distinctive fragrance. **Sencha**, probably the most popular kind, has a well-balanced flavor and aroma. Its slight astringency harmonizes with its elegant sweetness. **Bancha** is a casual, every-day green tea that has a refreshing astringency and a rich, characteristic aroma. **Matcha**, powdered-green tea, is also a shade-grown tea, which is different from these three types in several ways. The tea leaves are steamed and then air-dried after being harvested. Afterwards, they are destemmed, deveined, and ground into fine powder. You can enjoy the matcha powder by mixing with water by whisk.

Four Key Elements to Set Optimal Flavor

It's best to know what types of flavor and aroma you like before buying tea leaves. Origin of production affects the taste, but the types mentioned above will help you find your favorites. Once you decide on your preferred type, then brew it the appropriate way. The basic steps for making gyokuro, sencha and bancha

are the same: add tea leaves to a tea pot, pour in hot water and wait while the tea is steeping. However, according to Mr. Kato, there are four key elements to get each type's optimal flavor: 1. Amount of Tea Leaves, 2. Amount of Water, 3. Temperature, and 4. Brewing Time. Below are the standard numbers for each type of green tea, making 1-3 servings.



Boiling water is 100°C (212°F), and every time you transfer water from one tea cup to another, the temperature goes down about 10°C. In order to cool the water down to 80°C, pour boiling water from a kettle into a cup (- 20°C) and then transfer the water into a tea cup (- 10°C). Also, do not shake or swirl the cup while the tea leaves are steeping. Wait until the tea leaves brew naturally.

When you are putting brewed tea into cups, pour until the unara-filled very last drop. From the second brew and beyond, you don't have to wait the brewing times indicated above.

Type of Tea	Amount of Tea Leaves	Amount of Tea Water	Water Temperature	Brewing Time
Gyokuro	2 tbsp	4 oz	80°C (176°F)	90 sec
Sencha	2 tbsp	5-7 oz	80°C (176°F)	60 sec
Bancha	2 tbsp	5-7 oz	100°C (212°F)	40 sec



How to Prepare Matcha
Matcha green tea has a gentle umami and a full-bodied fragrance. Unlike other tea, matcha is ground, powdered tea, and people drink it by dissolving it into water. However, it is not actually dissolved, but mixed with water. To make one bowl of matcha, put in 1 teaspoon of matcha, pour 2 ounces of 80°C water, and whisk for 15 seconds. Don't forget to sift the matcha powder before using it, as this will produce smoother matcha.



Celebrate SHINCHA New Crop Tea

This is the time of the year when Japan's green tea fans become excited about trying *shincha*, the first harvest of new shoots. Like wine's *Beaujolais Nouveau*, *shincha* has a fresh, young and delicate aroma and flavor, and it can even be an index for indicating how good the year's green tea harvest will be.

How to Brew Shincha

The best way to enjoy the refreshing aroma and flavor of *shincha* is by following the steps below, making 3 cups.

- 1 Put 2 heaping tablespoons of tea leaves into the teapot.
- 2 Pour 5-7 ounces of hot water into the teapot. 80°C is optimum for *shincha*.
- 3 Let the leaves steep for about 40 seconds. Do not shake the teapot while steeping.
- 4 Pour the tea into 3 cups, ensuring even distribution by pouring a little into each cup at a time until the last drop has been poured.

Mr. Kato also recommends trying Cold Brew *Shincha*. Steep *shincha* tea leaves in cold water for about 20 minutes and you'll have exceptionally aromatic cold tea.

How to Store Shincha

Tea leaves are sensitive to humidity and temperature fluctuations. Store *shincha* in an airtight container at room temperature, away from sunlight and strong odors. *Shincha*'s fragrance is very delicate, and will gradually fade even in an unopened package. Please consume *shincha* by the middle of July, while you can still enjoy its fragrance.

Ippodo Tea, New York

Established in Kyoto in 1717, Ippodo is an esteemed green tea specialty store with a long history. Its New York location that opened in 2013 carries a wide variety of green tea leaves, matcha and tea goods, as well as serves hot and cold green tea to go (including the signature Matcha to Go).

125 E. 38th St., bet. Lexington & Park Aves I, New York, NY 10018
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www.ippodo-ny.com/jp/en/shop/ny.html

KAWAII in New York

By Julia Szabo

Magical Matcha, for a Kick in the Sweet Tooth

Everybody loves matcha – but powdered green tea is not just for drinking anymore. Matcha is popping up in all sorts of *kawaii* forms, from cocktails to lattes. But the very coolest forms are the sweet ones. Here are a few matcha gifts guaranteed to sweeten any deal. Remember, ancient matcha has many health benefits: it boosts metabolism and even prevents cancer. This naturally cancels out any guilt about indulging sugar cravings!

The Doughnut Plant is renowned from Manhattan to Tokyo for its addictive take on the all-American pastry – and one of its most popular items is the gorgeous, green, Matcha Doughnut, a perfect edible blend of Eastern and Western dessert influences (doughnutplant.com). But for an even more *kawaii* doughnut experience, sample the glazed matcha doughnut at Patisserie Toriko in Williamsburg, Brooklyn. It's smaller, plumper, and yes, way cuter – the very definition of *kawaii* (patisserietoriko.com).

If you prefer your pastries to be French-influenced, check out Takahachi Bakery's matcha brioissant – it's filled with matcha custard, and sprinkled on top with matcha powder. (Takahachi-bakery.com)

Sweet Misoaki is famous for magically creating scrumptious vegan macarons and macaroux without eggs – and both come in delightful flavors such as lavender, rose, and – yes – matcha! Available at the monthly Vegan Shop Up! (Instagram: @veganshopup) or order from Legatus & Luscious. (legatus&luscious.com)

Koko Fugot's adult's comic "Gochu" – heavenly, cream-filled, waffle-like sandwich cookies – have always been a most



Sweet Misoaki's vegan, eggless matcha macaroux.

welcome gift. They were a favorite of Dr. Albert Schweitzer! But the cool, new matcha flavor is an extra-special treat. Available at Mitsuba Marketplace, mitsuba.com.

For an extra-strong matcha jolt, nibble on cute Chi No Ki condes. Sandwiching creamy white chocolate, these tender green tea biscuits are made with special Daicha matcha, from tea leaves grown in Uji-Shimizu. Available at Dean & DeLuca, deananddeluca.com.



Julia Szabo: Author and travel expert Julia Szabo has covered culture and style for The New York Times, New York Post, and Vogue among others. Follow her on Instagram @TheDressChangeTravelist.

Illustration by Corinne Jones

MATCHA MADE EASY

Sharp's Tea-Ceré Matcha tea maker is now sold in the U.S. It was developed in consultation with leading Japanese tea experts, and it grinds, brews and whisks all in one. It allows you to make authentic Matcha, as well as a variety of other delicious teas.



1 GRINDS
loose tea leaves
into a fine powder



2 BREWS
water to your
choice of hot or
warm heat settings



3 WHISKS
the Matcha tea
powder with hot water
to prepare your tea



The Secret Behind the Motor

The Tea-Ceré motor is able to grind the powder to about the same fineness as Matcha (10-20 microns). Also, generally when the rotation speed of the motor is increased to grind quickly, the frictional heat becomes high and tea's nutritional components are destroyed. However, Tea-Ceré's motor is designed to protect tea's nutritional components. When the upper and lower channels cross in order to prevent the tea leaves from being completely crushed, the leaves are stripped as if with a scissor and made into powder. Thanks to this, you can make tea powder that goes down smoothly on your tongue and has a rich, healthier aroma.

And you can make so much more!



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Japanese Restaurant Review

Ichiba Ramen
Chochin
Saikai Dining Bar

Mixology Lab
Copa Rico with
Nanbu Bijin Umeshu

"WA" Cooking
Plum Wine Jelly with
Strawberry

Listings
Japanese Restaurant

Ichiba Ramen

125 Broadway Pl. (at 125 & 14th St.) | New York, NY 10003
TEL: 212-770-2400 | www.ichibaramen.com
Mon-Sat: 11 am-11:30 pm

NEW!

In the market for a hip, new ramen place? Ichiba means market in Japanese, and like a well-stocked market, it offers more than ramen, with an array of options to please a wide variety of tastes. This ramen-ya is also an cskaya, with many yakitori, donburi, tempura, and gyoza options. But of course, Ichiba serves reliable ramen, with noodle-soup options to appeal to everyone. For meat eaters, there's the signature Ichiba Shoyu-Chicken Ramen — the most popular menu item — but there's also a meat-free ramen, with spinach noodles and delicious sesame-oil-seeded broth. All of Ichiba's ramen bowls are so savory, you'll be tempted to indulge in kani-don; this extra noodle option (\$2.50) makes it easy to enjoy every last drop. Some appetizers, such as Shishito Pepper Yakitori, are just as healthy as they are tasty. Others — like the popular Sweet Potato Tempura — are pure addictive decadence. Executive Chef Jack Nishi is half-Japanese and half-Korean, so get ready to be delighted by pan-Asian flavors, from the crunchy kani to together to melt-in-your-mouth green tea and caramelized skirted mochi ice cream for dessert.



The signature Ichiba Shoyu is a mouthwatering blend of warming tempura, salmon, and avocado topped with red vinegary sauce.



Tempura (shown with green onion) is one of many delicious options for appetizers.

For a fully loaded bowl, start with a serving of yakitori and follow with Ichiba Ramen, which has a rich shoyu base.



Ichiba is always open to open light, and airy.

3 Best Sellers

- | | |
|------------------------|------|
| • Ichiba Ramen | \$15 |
| • Ichiba Roll | \$21 |
| • Sweet Potato Tempura | \$3 |

Chochin

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New York, NY 10020

Mon, Tue, Thu, Fri 5-11pm Sat & Sun 12 pm-4 pm, 6-11 pm *Cocktails

NEW!



The new Upper East Side Japanese restaurant, Chochin welcomes its customers with a traditional red lantern hanging outside, appropriate as its name is Japanese for "lantern." This is a honey spot where customers can casually drop in, and the affordable menu is designed to be both nostalgic for Japanese and offer something new to non-Japanese. It features classic dishes with interesting twists, such as rice made with dashi to give it a brassy hue and distinct flavor from your typical white rice. This is just one of the many innovations emerging from Chochin's kitchen. One standout is the Whole Tomato Soup, eaten by breaking down the tomato and enjoying it with the encased egg and smothering cheese. Make sure not to miss the Homemade Potatoes and Beef Croquette and the Champouette, which consists of champou noodles (in place of spaghetti) in Nagelton (tonkotsu) sauce with an abundance of asparagus, onions, peppers and bacon. For drinks to accompany your meal, Chochin has several types of "cup sake" as well as some wine and beer. The ambient music ranges from the 60s to current day, all Japanese hit songs, adding to the restaurant's retro feel. Make sure to check out this cozy neighborhood joint and try all of Chochin's creative concoctions.



Spotted in marinated beef bowl, comes with a plentiful serving of rice. It is served with rice flavored with dashi, a new signature of the chef.



The Whole Tomato Soup is a truly unique dish. Made without any water, it's delicious, a both heated and cold dish.



The red lantern hanging outside easily identifies Chochin.

3 Best Sellers

- Gyoza (Marinated Beef Bowl)
- Whole Tomato Soup
- Homemade Croquette Set

\$10.50
\$6.75
\$8.50

Saikai Dining Bar

28 Greenwich Ave. (bet. W. 30th & 31st Sts.) New York, NY 10001

Tel: 646-408-0000

www.saikaidining.com | Mon-Thurs 5:30-11:30pm Fri & Sat 5:30-11:30pm

Sun 5:30-11pm (Happy Hour) To be the first to see the new menu

The West Village based Saikai Dining Bar has been pleasing customers with its contemporary Japanese cuisine since the fall of 2014. Its two head chefs, Xao Lin and Wang Cheng, trained at some of New York's most exclusive Japanese restaurants, and bring their personal flair to the dishes they serve. For example, Hong Kong style Spicy Shrimp, creative Smoked Gyoza Boats with Foie Gras, and French-Japanese-Chinese Bokan Fave Gras Fried Rice are some of the unique offerings. The menu changes monthly, allowing customers to savor seasonal flavors and the chef's playful creations. Saikai also believes in the power of pairing food and drink, and its 40 types of sake make this easy. The wait staff led by manager and sake sommelier Atsushi Nakagishi can help you find sakes that complement what you are eating, but if you really want an absolute match try the three-course sake pairing menu, which also changes periodically. Also not to be missed is Tuesday's Yakitori (grilled chicken) Course served to only eight guests at the robot-grill counter. In addition, there is currently a multiple course lunch served Thursday through Sunday centered on the concept of "one rice, one soup," which is the basis of Japanese cuisine. The next time you are looking to try Japanese dishes that reflect both modern and authentic tastes, come see what Saikai has to offer!



The chicken kushiage is deep fried chicken is accompanied by a soft-boiled egg which perfectly complements the succulent meat.



The scallop and trout dish is topped with a scallop butter sauce and garnished with a citrus kanihwa (egg) which adds a new twist.



Saikai's interior features an assortment of traditional Japanese dishes as well as a stylish 3-course bar menu.

3 Best Sellers

- One Yaku
- Bokan Fave Gras Fried Rice
- Chicken Kushiage

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When the first Ise Restaurant opened in 1988, it quickly became a darling of the Financial District, serving authentic sushi and sashimi along with delicious Japanese comfort dishes. Only recently did its second iteration on Pine Street close its doors, unfortunately bringing the end to a decades-old mainstay that was a second home for adoring regulars. But now, Ise is being reborn in a new location in the Astor Place area, and True World Foods is proud to continue as the restaurant's longstanding fish provider.

Housed in the former Menka-Ichi space (also owned by Ise), the new Ise restaurant carries on its long practice of presenting authentic Japanese cuisine and flavors. But the concept has transformed a bit – the menu now revolves primarily around sushi, sashimi, and soba noodles. For the still uninitiated, soba is the classic Japanese buckwheat noodle that is increasingly becoming popular in the US because of its hearty flavor and healthy properties. Ise is aiming to introduce New York City diners to the idea that these two different powerhouse cuisines are, in fact, the perfect gastronomic pair.

The chef, Makino who has been with Ise since the beginning, has been using True World Foods for the majority of his sushi-grade fish from the day they opened. And with this new phase, he is drawing his strength from True World's reliability. "Every day, I can feel confident knowing that True World Foods is supplying our fish," he continued, "Especially now, where we are just opening and so much is unknown, the presence of a dependable partner and high quality of fish makes me sure that we are doing our best to welcome back our regulars and attracting new ones for years to come."

The Soba and Sushi Course "TSUO" (connoisseur in Japanese) is a definite must-try. It starts with sashimi, moves onto grilled and cooked dishes, then steps up to sushi and concludes with soba. Paired with carefully chosen sake, this is a multi-course meal that is meant to allow diners to savor every flavor, and shoot for pure wish fulfillment and maximum enjoyment. Soon, Ise will also be introducing its Kaseki course, which also ramps up the authenticity of the menu, utilizing only the ingredients of the season; it will present a variety of elevated Japanese dishes that changes monthly.

It is, of course, possible to concentrate on solely sushi and sashimi dishes, a la carte. Ise takes care to clearly list the origin of its fish as from Japan, from Hon Maguro (Blue Fin Tuna), Toro to Madai (Red Snapper), Shima Aji (Yellow Jack), Uni (Sea Urchin), and Nama Hotaru Ika (Firefly Squid) – all of which are supplied by True World Foods. The menu is also overflowing with options for any mood, including cooked dishes like Tempura, Yakitori (grilled chicken skewers), and much more.

Best of all, the return of Ise is an opportunity for the restaurant and its customers to take a new journey together. How often does one get the chance to witness a friendly local dining establishment discover new inspiration? It's time to join the evolution.



It's an old adage that says a fish is only as good as the way it's caught. Ise of the new, expanding Ise, is now Ise.



Spring is the best time to enjoy seasonal flavors like salmon. Enjoying this seasonal delicacy is a true Ise experience. (left)



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New Jersey 10000-10000 10000-10000	Sonaki Sweets (Mitsunori) 10000-10000 10000-10000	New Village 10000-10000 10000-10000	Silk Cuisine 10000-10000 10000-10000	Isakaya 10000-10000 10000-10000	Chakra 10000-10000 10000-10000	Karaoke Quest 7 10000-10000 10000-10000	Germany 10000-10000 10000-10000
New Jersey 10000-10000 10000-10000	Sushi Tsuga* 10000-10000 10000-10000	New Village 10000-10000 10000-10000	Yaya Tea Garden 10000-10000 10000-10000	Isakaya 10000-10000 10000-10000	Chakra 10000-10000 10000-10000	Karaoke Quest 7 10000-10000 10000-10000	Germany 10000-10000 10000-10000
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Mixology Lab

The featured liquor is **Mugi** in **Nanbu Bijin Umesu No-Sugar Added**, jumei sake-based plum wine. Refreshing taste of the umeshu transforms into a cocktail blended with tropical rum.



Nanbu Bijin Umesu No-Sugar Added

Category: Umesu, jumei sake **Origin of production:** Iwate Prefecture

Rice Variety: Toyohishiko blended with other rice varieties

Alcohol content: 13-15% **Bottle size:** 720 ml (24 oz)

Features: Made by soaking ume plum in the brewery's special all-kyo jumei sake, the umeshu boasts clean, refreshing flavor with an elegant blush of plum. Its lively orange-pink color comes naturally from the brewing process with no food coloring added. Taking advantage of the brewery's patented technique to brew sake with all kyo rice, they successfully pulled out amara from the jumei sake while featuring the natural sweetness of plum. It is recommended to enjoy straight or on-the-rocks chilled or warm. It's great for pairing with foods as well.

Distributed by NY Mutual Trading, Inc.

Nanbu Bijin Brewery



Nanbu Bijin Brewery has produced sake in an area called Nanbu in the northeastern part of Japan for over 100 years. This region is especially famous for its blessed nature that conveniently provides the optimal ingredients—the water percolating through the local mountains, home-grown rice being developed for sake brewing and it is also the home of Nanbu Tapa, one of the three most prestigious brewing styles in Japan. The brewery's sake, including Tokubetsu Jumei Sakegata 18 Kyo Sake and Umesu No-Sugar Added are well sought after in the sake scene in the U.S.

10 Kono mode Tokyo
Nanbu-da Iwate 207018 020-0301
Tel: 0196 25-3100 | www.nanbubijin.com
www.southernbeauty.com

Copa Rico with Nanbu Bijin Umesu

Cocktail recipe courtesy: Shinya Yamao of Piana

Nanbu Bijin Umesu No-Sugar Added is a jumei sake-based plum wine, which boasts natural sweetness and refreshingly fruity flavor. Shinya Yamao, mixologist at Piana, says, "Interesting thing about Nanbu Bijin Umesu is that it has a pleasant acidity from sake itself, not from ume plum." He created a cocktail, Copa Rico, maximizing the features of this umeshu, perfect in the mild and warm season. He chose Caliche Rum to blend with the umeshu because "it has a distinct body and is well balanced in sweetness and bitterness, making it a great match with sake." The gorgeous, floral flavor is balanced out by a touch of bitterness from yuzu juice and orange bitters. "Tasty sake can make tasty cocktails. That's no exception."



Ingredients:

1 1/2 oz Caliche Rum 1/2 oz Nanbu Bijin Umesu No-Sugar Added 1/3 oz yuzu juice 1/3 oz simple syrup 1/4 dash orange bitters

Directions:

1. Put all ingredients and a big ice cube in a mixing glass.
2. Gently stir the glass until all the ingredients are well blended.



Piana

The chic West Village restaurant is a collaboration between proprietor, Sensei Kim and chef, Christopher Cypharis. This guys' hangout is their respective Korean and Italian heritages. Piana also reflects their passion for refined experiences, with Chef Cypharis's modern American cuisine that captures the robust flavor of seasonal ingredients. Mixologist Shinya Yamao creates seasonal concoctions while a wine list of over 300 labels composed by Chef.



Corner of Victoria Street, New York, NY 10014

430 Hudson St., New York, NY 10014
Tel: 212-660-0811 | www.piananyc.com

"WA"

Cooking

"Wa" means "harmony" and "balance" in Japanese and also signifies "Japan." In this cooking corner, **Chopsticks NY** introduces Japanese dishes that are harmonious with our everyday life in the U.S. Each month we share one recipe alternating between Sweets, Savory and Fusion categories. In the month of May, we feature Plum Wine Jelly that brings a refreshing spring feeling to your table.



Recipe courtesy
Mitsue Sato
japaneseeasytokitchen.com
Cooking video: nylpage.com

Sweets

Savory

Plum Wine Jelly with Strawberry



Japanese plum wine comes in various styles, such as picking plum with shochu or sake, mixing plum juice into the base liquor with or without mashed flesh. Enjoy playing with the various flavors depending on your choice of plum wine.

Ingredients (Serves 4)

- ☐ 1 packet powdered gelatin (1/4 oz)
- ☐ 1 cup water ☐ 2 cup water for blooming gelatin
- ☐ 1 cup plum wine 1/2 cup sugar
- ☐ 5-6 strawberries, thinly sliced ☐ Mint leaf to garnish

Directions

1. Bloom gelatin in 2 tablespoons water and let it sit for 5 minutes.
2. In a small pot, bring 1 cup of water and sugar to boil.
3. When all sugar is melted, turn off the heat and add the gelatin solution.
4. Mix until all the gelatin is melted.
5. Add plum wine and mix well and let it cool down to room temperature.
6. In an individual glass or cup of your choice, put some strawberries sliced and add wine mixture.
7. Put a plastic wrap over and cool in a fridge until it sets for about 3 hours.
8. Garnish with mint leaf.

TIP

When serving to children, instead of turning off the heat in step 3, add gelatin and plum wine and let it boil for 1 minute to let the alcohol evaporate. Then turn off the heat.





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School Guide

This following is a list of schools where you can learn Japanese culture:

- Coupons available at www.chopsticksonline.com
- Checkpoints not available to pick up

LANGUAGE

Upper West French Academy*
6006 5th Ave. West, San Francisco, CA
212-624-4028

Japanese

Upper West Japan IC Foundation
480 Newport Blvd. #100, San Francisco, CA
212-624-4028

Japanese

Midtown West The Nippon Oni Japan Institute NY*
A Japanese Language Center that teaches you everything you need to know about Japan, and to provide you with the necessary Japanese skills to succeed in the workplace. The Nippon Oni Japan Institute is a leading provider of Japanese language training for over 20 years. For more information, visit www.nippononi.com

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Midtown West Arima Language Institute*
212-624-4028, 480 Newport Blvd. #100, San Francisco, CA
212-624-4028

Japanese

Midtown West Hills Learning
Hills Learning is the only language center in Queens, NY that offers classes in Japanese, Korean, and Chinese. The center is located in the heart of the Japanese community in Queens, NY. For more information, visit www.hillslearning.com

Japanese

Midtown East Best Language Institute, Inc.*
200 Lexington Ave. #100, New York, NY
212-624-4028

Japanese

TOGEI KYUSHITSU
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Togei Kyushitsu is a leading provider of Japanese language training for over 20 years. For more information, visit www.togey.com

Midtown East Japan Society
201 E 48th St. #100, New York, NY
212-624-4028

Japanese

Midtown East ABC Tech*
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

Chatham ARC Language Exchange*
40 E 125th St. #100, New York, NY
212-624-4028

Japanese

Chatham Yomi*
40 E 125th St. #100, New York, NY
212-624-4028

Japanese

West Village NYU-SCPS
717 1st St. #100, New York, NY
212-624-4028

Japanese

Long Island West Island Japanese
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

Long Island Long Island Japanese Culture Center*
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

Westchester Kama Academy
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

Westchester WCC/Coaching Edo*
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212-624-4028

Japanese

New Jersey Inno Mito*
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Japanese

New Jersey Japan International Language Center*
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Japanese

New Jersey Hills Learning Center*
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Japanese

TRADITIONAL

Upper West Seibei Shodo
212 Madison Ave. #100, New York, NY
212-624-4028

Calligraphy

Midtown West NY Toga Kyushitsu School*
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

Midtown West The Nippon Club
212 Madison Ave. #100, New York, NY
212-624-4028

Calligraphy

MARTIAL ARTS

Upper West Karate Dojo Institute*
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

Upper West Shorinji Matsubayashi*
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

Upper West UWS Karateka Karate*
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

Midtown West Shogakukan New York*
212 Madison Ave. #100, New York, NY
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Japanese

Midtown West KYUSHU KANSAI*
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

Midtown West Rukawa Budo Dojo
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

Chatham New York Aikido*
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212-624-4028

Japanese

Chatham U.S. Budo Kai-Ken*
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212-624-4028

Japanese

Chatham Urasawa Karate Dojo
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

Chatham World Sensei Karate*
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

East Village Karate Kama Dojo
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

East Village New York Jiu Jitsu*
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212-624-4028

Japanese

East Village Shorinji Karate Dojo*
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212-624-4028

Japanese

East Village Oni Judo Club*
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

Long Island Katsuyasu Shinken Karate
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

New Jersey Katsushin Judo*
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

New Jersey KYUSHU KANSAI*
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

OTHER

Upper West Seoi Wearing Arts
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

Midtown West Nanyang Ballet
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

Midtown West The Nippon Club
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

Midtown West Judo Shogun*
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

Midtown West SDA Making
212 Madison Ave. #100, New York, NY
212-624-4028

Japanese

Midtown West The DCU*
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Japanese

Midtown West Ramen Class
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Japanese CROSSWORD



Across

2. The "will" or "now," _____ is a word used to change the subject of a conversation.

5. On Kodomo no Hi (Children's Day) in Japan, _____ (carriage helmets) are decorated to celebrate boys' bravery and strength.

6. "Ten thousand" in Japanese.

7. Meaning a "tale" or "story," _____ giten is a compound of two words, "thing" and "to tell."

8. _____ means "history" or "record" and is often used in words like *kei* (career background) and _____ (history).

10. A coin has an "omote" (front) and an _____ (back).

12. "Egg yolk" in Japanese.

13. *Koku* _____ means the "nation" and _____ *yoku* means the "people."

14. _____ means "other people."

Down

1. Literally meaning "audience," this word is also used to mean "cause" or "source."

2. Japanese call both charcoal and charcoal _____.

3. _____ (after) and _____ (before) are two different words but have the same pronunciation.

4. A noun meaning "neighbor" or "near to."

5. *-adjektive* meaning "hot" or "spicy."

9. "Camaraderie" in Japanese.

10. *-adjective* meaning "tasty," whose noun version is *umami*.

11. "Big set(s)" in Japanese.

12. _____ means "conference" or "meeting."



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Bringing Fresh Eyes to the Salon

SALLY (RISA) TAKENAMI OF TOMOKO SHIMA HAIR SALON

What is your professional background?

I've been working in beauty salons since age 15, and at 22 I became a freelance hair and makeup artist. After doing this for two years, I came to work here at Tomoko Shima Hair Salon. I actually arrived last November so am pretty new to the city!

What is your individual specialty?

I like doing perms, and this requests me to be more aware of individual styles. In Japan people are more beholden to trends, but here you need techniques to satisfy each customer. In addition, blow dry and highlights are two skills I've learned since coming here, as these also differ from Japan. Everyone has been so helpful in terms of my education and I think this is because our owner, Tomoko, creates an environment where we are encouraged to be proactive in trying new things. Also, we're not your typical Japanese

salon, as the staff is quite international.

Do you have any recommended spring hair care?

UV rays are the strongest in March and the sun will just get stronger as we go, so scalp care becomes important in terms of keeping your hair looking nice. I recommend Pielme moisture balancing scalp shampoo and scalp treatment from the brand Milbon. Also, it is best to use hair oil for hair repair and care, and again I recommend Milbon's Nagura PQ Hair Oil.

What are your personal health interests?

Before I go to bed, I apply a maxixe of one part castor oil, two parts baking soda to any pigmented spots on my face and sleep with this applied. I also attend a weekly aerobics class where we dance and do weight training for a great workout.



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P. 40 Asian Restaurant Review



Pongsri

Opened in 1978 in the heart of Manhattan's Theater District, Pongsri has served authentic Thai dishes to theatergoers, tourists, and locals.

P. 43 Asian Beauty + Health



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Snails for Beautiful Skin

"Slime" and "beauty" sound like strange bedfellows in the same sentence, yet many beauty products proudly incorporate snail slime as a key ingredient.

P. 44 Asian Travel



Cambodia

With its long native history and French influences, Cambodia is a unique combination of wonderful nature, historical sites, growing modern cities, and a burgeoning contemporary culinary scene.

CROWD-PLEASING CLASSIC THAI CUISINE

PONGSI

Located in the heart of Manhattan's Theater District, the authentic Thai restaurant Pongsi has attracted theatergoers, tourists, and locals since opening in 1978. With about 140 dishes on the versatile menu, Pongsi literally has something for everyone. Everything is made to order, so you know you are getting the freshest ingredients prepared with traditional Thai warmth. Some best sellers are Tom Yum Goong (spicy traditional shrimp soup), Som Tam (papaya salad), and Green Curry. The coconut milk based Green Curry is sweet, spicy and creamy, and you can pick from the proteins chicken, beef, pork, shrimp, calamari or scallops.

Another popular entrée is Pad Kuy Mao (aka Gaifun Noodles), comprised of stir-fried bread rice noodles with herbs and chili paste and offering a lovely basil aroma. Its spiciness goes perfectly with a cool Thai beer. The stir-fry dish Pad Gio-Phaw features plentiful vegetables like carrots and bell peppers plus the protein of your choice, and it packs the spice as well thanks to the addition of hot chili paste. Sweet Thai iced tea is another great accompaniment to Pongsi's flavorful, spicy dishes, as it can help neutralize your palate and reset it for your next bite.

The main dining area has an elegant but relaxed atmosphere, and there is another room upstairs for when things get crowded below. The upper room showcases ornate mirrors, gold budvases and other pieces of art that were brought back from Thailand to be displayed at the restaurant, creating a unique environment. This special room can accommodate up to 40 people at a time, so it's a great spot for your next party.

Pongsi: 230 W. 46th St. (bet. Broadway & 46th Ave.) New York, NY 10036 | TEL: (212) 633-8892 | www.pongsi.com
Mon-Sun: 11:30 am-11:30 pm (weekday lunch special: 11:30 am-3 pm)



With plenty of vegetables and your choice of meat or seafood, Pad Gio-Phaw is a flavorful stir-fry dish accentuated by hot chili paste.



Green Curry is one of their customers' favorite favorites, which has appeared in 1978.



Pongsi's relaxed Thai eatery warmly greets you in Thailand.



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Thailand's Food Industry Supplies the World's Kitchen



Americans – New Yorkers in particular – love dining out at Thai restaurants, enjoying the delicious flavors of Thailand, from sweet pad thai to spicy curries. This is not surprising. Thai food is so delightful that eating it feels like traveling to an exotic destination!

Yet here's something you may find surprising – not everyone realizes that many items used regularly in the typical Western pantry are actually Thai. These include rice, sugar, pineapple, shrimp, and fish – canned as well as fresh – to name a few.

Thailand is among the world's leading suppliers of these commodities, plus corn and a variety of vegetables and other fruits.



Thailand's rich agriculture and high technology, combined with governmental support for food research and development, have developed the country's reputation as the "Kitchen of the World." Thailand doesn't just produce edible items for the kitchen; the country also happens to be the world's second largest producer of natural and synthetic rubber. Many kitchen tools incorporate rubber in their design – which means that the average American kitchen is home to Thai rubber items too.



Still, food is the country's main export. Agriculture is the largest economic sector in Thailand, and it's a sophisticated and growing industry, employing forty percent of the country's work force. In 2014, agriculture production contributed roughly \$1.8 billion U.S. dollars, or 9.5 percent of the total GDP of the Thai economy.



There are nearly 10,000 food processing companies in Thailand today, and those businesses employ roughly 800,000 people, generating annual earnings of \$5 billion U.S. dollars. International consumer markets are open to Thai-made products because production methods and machinery meet the highest international standards. For instance, Thai food factories must apply for GMP, ISO, HACCP, TQM, Water footprint and Carbon footprint. For food exports, appliances for BRC, IFS, and SQF must also be registered.

Thai products enjoy worldwide popularity because they are both top-quality and cost-competitive. Key export markets include the United States, Japan, ASEAN, and the European Union. So the next time you're shopping with a view to dining in, be sure to check which ingredients and utensils have a Thai pedigree – it's every foodie's passport to a memorable experience in the kitchen.





Other Asian Restaurant Guide

☞ Reservations for parties of 10 or more are available on request

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- Hyo Dong Gak***
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☞ Table for Two Only ☞ Open to bar
- Mithras***
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Seoul Garden**
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Dobok***
212-555-9999
☞ Table for Two Only ☞ Open to bar
- KOREANA***
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Dobok Kitchen***
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Myung Dong Noodle House***
212-555-9999
☞ Table for Two Only ☞ Open to bar
- THAI**
- Pongee Thai***
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Pongee Chaiyao**
212-555-9999
☞ Table for Two Only ☞ Open to bar

- Midtown West**
- CHINESE**
- Chai Thai Kitchen***
212-555-9999
☞ Table for Two Only ☞ Open to bar
- SINGAPORE**
- Beangkok 2 Thai***
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Tan Thai Food***
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Pongee Chaiyao**
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Chai Thai Kitchen***
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Skyline***
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Blue Dragon Thai Kitchen**
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Absolut Thai Restaurant***
212-555-9999
☞ Table for Two Only ☞ Open to bar
- VIETNAMESE**
- Vietnamite**
212-555-9999
☞ Table for Two Only ☞ Open to bar

- Midtown East**
- La Colonial**
212-555-9999
☞ Table for Two Only ☞ Open to bar
- PHO & SHABU***
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Noodle House***
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Singapore Market**
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Nha Trang**
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Press Restaurant***
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Pan-Asian Restaurant***
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Pho To Go**
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Viet Cafe**
212-555-9999
☞ Table for Two Only ☞ Open to bar
- OTHER**
- Garden Court Caf-***
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Jazz at Lincoln Center**
212-555-9999
☞ Table for Two Only ☞ Open to bar
- Blue Bangers***
212-555-9999
☞ Table for Two Only ☞ Open to bar

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(bet. 3rd Ave & Broadway)
212-563-3362

SNAILS FOR BEAUTIFUL SKIN

In the quest for youthful skin, no ingredient is overlooked, no matter how unusual. This explains the current trend of snails and beauty—specifically, snail slime and beauty. As they slowly inch along, snails protect themselves by producing an excretion—technically called mucus, but commonly called “slime”—that’s believed to have benefits for human skin. “Slime” and “beauty” sound like strange bedfellows in the same sentence, yet many beauty products greatly incorporate snail slime as a key ingredient.

It makes sense: snails have very soft bodies, and their slime acts as a protective barrier as they travel over rocks and other rough surfaces. So, the reasoning goes that snail slime can protect human skin too. Cosmetics makers promise their snail-mucin formulations will moisturize the skin and smooth out wrinkles, as well as reduce inflammation and redness, and stimulate cell regeneration (a draw for those with acne scars or uneven complexion).

Snail slime as a health or beauty treatment is not a new phenomenon. In ancient Greece, the renowned physician, Hippocrates is said to have prescribed crushed snails and deer milk as a remedy for skin inflammation. More recently, farmers in Chile, while hunting snails for the French escargot market, noticed that their skin became smoother after contact with the creature’s slime. These days, snails are worth more alive than dead, so they can produce slime. And



today, we know more about which components of snail mucus are beneficial to skin, and why.

The mucus contains nutrients such as hyaluronic acid, glycoprotein enzymes, antimicrobial and copper peptides, and proteoglycans. These are familiar ingredients in the beauty industry because they are believed to have skin benefits. Hyaluronic acid, for instance, is a humectant, meaning it helps skin to retain moisture. However, there have not been any conclusive studies or clinical trials done that conclusively prove the efficacy of snail slime as a skin treatment. Another

point to note: Many consumers stand against cruelty to animals in cosmetics manufacturing, and it’s not known whether snails are treated humanely during the process of extracting their mucus.

As with any animal secretion, snail slime could potentially have unwanted effects on the skin of people with allergies. If you have sensitive skin and you’ve never tried snail cream before, it’s smart to play it safe. Try using just a small amount on one area of the skin, and watch that area to check for itching, redness, rashes, or other skin reactions.

We Tried “Snail” Skincare Products

Chopsticks NY staff members tried three products containing component extracted from snail mucus:



From left: Mucin+Snail Recovery Gel Cream, Mucin+Snail Shield All In One Cream, and T2M2M2M2's Instant Care Snail Hydro-gel Mask

Instant Care Snail Hydro-gel Mask



I put only on my skin. The mask was easy to put and remove, making it easy to handle. My skin became so soft so jelly texture.

Snail Recovery Gel Cream



The texture of the gel was so sticky so glue, but once applied on my skin it was absorbed so I can't see it.

Black Snail All in One Cream



I felt like a light cream, but not a little bit more. It was absorbed so quickly and I felt a night cooling effect while being absorbed. Once it was absorbed completely I needed a little more moisture so I applied another layer on the cream.

BUCKET LIST ASIA TRAVEL: CAMBODIA

Cambodia, like several of its Southeast Asian neighbors, has rapidly evolved over the past several decades into an exciting vacation destination. With its long native history and unique French influences, the country is a unique combination of wonderful nature, historical sites, growing modern cities, and a burgeoning contemporary culinary scene.

Cambodia is located on the Gulf of Thailand, which makes up much of its southwestern border. It is bordered by Thailand to its north and northwest, Laos to the north, and Vietnam to its east and south. It has two distinct seasons. The first is warm, humid and rainy (May - October) with average temperatures hovering in the mid-70s. During the dry season (November - April), temperatures can easily reach 100 degrees Fahrenheit. While the peak time for tourism is during the hottest months, there is no shortage of things to do any time of the year.

Take note, however: Cambodia's infrastructure is still developing, so it can become difficult to travel into the more remote areas of the country during the rainy season.

Getting There. The easiest way to get to Cambodia is through the airports in the cities of **Phnom Penh**, and **Siem Reap**. Currently there are no direct flights to Cambodia from the United States; interested travelers will have to connect in places such as Hong Kong, Seoul, Taipei, Shanghai, or Hanoi.

As the oil system is going through a massive restoration process, buses and taxis are your best options for transport. With an exchange rate of 4000 Cambodian Riel to \$1 US Dollar (as of this writing), the cost is cheap — roughly \$12 to go from Phnom Penh to Siem Reap. Taxis average \$30 USD for the same trip. Motorcycle taxis and motorcycle rentals are also available for shorter distances. But if you have thousands to spend, consider chartering a helicopter, which will fly you pretty much anywhere you want.

The Intersection of Old and New. **Phnom Penh**, Cambodia's capital, has welcomed elite travelers for generations, and offers the most comprehensive selection of modern amenities. Visitors will immediately notice how age-old, tree-lined streets and historical structures contrast with a growing skyline of high-rises. A must-see is **The Royal Palace**, which was built in the 15th Century and houses the Silver Pagoda and the Temple of the Emerald Buddha. Make sure to also take a walk along **Stamenh Quay**, the recently completed riverside promenade that offers many galleries, boutiques, cafes, and restaurants.

There is no shortage of dining, shopping, and nightlife, whether you are looking for something authentic, affordable, or expensive. But the dining scene in particular stands out for its ongoing transformation. Make sure to check out the growing number of contemporary restaurants, which are taking Khmer, Thai, Indonesian, Vietnamese and French influences to a whole new level. Finally, explore the numerous local markets, including the **Central Market**, an Art Deco style building built in the 1930s while it was still a French colony. Today it is



home to many local vendors, and the perfect place to pick up gifts like clothing, jewelry, carved boxes, and other local crafts.

The Beauty of Angkor Wat. It used to be that **Siem Reap** was just a stopover point for those on their way to explore **Angkor Wat Archaeological Park**. But this city has increasingly grown more cosmopolitan in order to keep such visitors around. The city is home to one of the largest expatriate communities in Cambodia, and thus the variety of shops, restaurants, hotels, and activities will delight people seeking a bohemian and international atmosphere. But the presence of the local culture and history is still palpable throughout all aspects of the city. A visit to the **Asia Tour Trade Village** is essential to support local artisans making traditional Khmer goods.

Make no mistake, **Angkor Wat** is one of the great contemplations of any visit to Cambodia. Built in the 12th Century BC, it is the largest religious structure in the world (500 acres) and has been a designated UNESCO World Heritage Site since 1982. Only 20 minutes by car or motorcycle from Siem Reap, it welcomes nearly 2 million visitors annually. Fully exploring the site may take multiple days (though the ambitious can possibly complete it in one), but looking at the architecture and countless statues, carvings, and adornments makes this a visit in a lifetime experience.

Ready to learn more? Visit www.tourismcambodia.com



Peering above is the ancient Angkor Wat truly a sight to behold

Entertainment Event / Leisure

Exhibition

May 5-June 30

@artcity Photo Exhibition by Pichon Kitzschart Astoria Coffee

Thrilled from photographer Pichon Kitzschart will have his solo exhibition at Astoria Coffee. As a distinguished food photographer, he has established solid clientele, but his passion lies always been in fine art photography in the "Unconquered" exhibition, he represents his interpretation of "community in life." Opening reception will be held on May 5
Location: 30-61 20th St., Astoria, NY 11002
Info: www.pichonkitzschart.com



Performance

May 7, June 4 & July 2

Compliments African Performances and Jazz Live Performances

Wednesday

Monday Michels

After midnight, Monday Michels, released her new album **PORTRAITS IN TIME: 2002-2013** from Adventure Music this April. The album is a double compilation CD featuring her works from 2002 to 2013. Celebrating this, Michels will have a series of live performances, each of which showcases her different side and expertise. (2013) Re-planned music, acoustic stands, etc. One of the nights will simply be a live setting that will be her next project.
Location: 6th Ave
21st St/3rd St, 2nd & 3rd Ave, New York, NY 10007
www.dailymichels.com / www.mondaymichels.com

May 7 & 8

Cappi: New York City Premier

Cappi is a Japanese electronic music long writer who has released 16 albums in the experimental pop music genre and this year Cappi celebrates 20 years of her new Tokyo record label "Mango & Sweet Rice". At the concert performed by SAKI and Mango & Sweet Rice Cappi will present fresh interpretations of 20 years of global sound collaborations featured on the double vinyl release "20years". There will be a special guest appearance by Kikuo Muraishi (Saki's drummer) and the J-Bass Ensemble led by Patrick Bartley (Saki's nominated saxophonist).



Location: Peter's Gully (May 7)

799 Avenue B, 2nd, Rochester and 4th St., Brooklyn, NY 11211
www.petersongully.com

Shogunzoku (May 8)

17th Street/1st St, 1st and Canal St, Brooklyn, NY 11211
www.shogunzoku.com

Lecture/Workshop

April 24 & May 28

Shodo Calligraphy Workshop

Friends Academy of Japanese Children's Society
 At the Friends Academy of Japanese Children's Society where young children through high school aged kids can receive Japanese language instruction, there will be a shodo calligraphy workshop taught by calligrapher Mariko Neri. Participants can learn the basic skill of Japanese shodo calligraphy and make original notes (map, cup, etc.) and accessories with their calligraphy. Anyone over four years old are accepted for participation. Reservations are required in advance via phone or email.
Location: JMW Mid St, 2nd West End Ave, & Riverside St.
New York, NY 10005
212-217-8122 / Shodo@japaneseyouth.com
www.japaneseyouth.com



May 5, 12, 19 & 26

Introduction to Chinese Tea

Tea Drink

Tea Drink is a tea house that offers tea drinks, tea (loaves) (green, white, etc.), and events about tea, craft and culture. Tea Drink is



Event Feature

May 8

Japan Day @ Central Park

Japan Day at Central Park is a highly anticipated annual event in spring that celebrates Japanese culture with the New York community. Like traditional Japanese festivals, there will be Japanese food tents, activity tents and stage performances displaying a wide range of traditional and contemporary Japanese culture. The

activity tents will have origami, yo-yo, fishing, kakejiku (free painting) and calligraphy. There will also be traditional Japanese foods throughout the festival such as *okonomiyaki*, *udon*, *gyudon* and *teriyaki*. This year, Japan Day is celebrating its 10th annual event! The Annual Japan Fair, a 4 mile run around Central Park will start off Japan Day with coffee, donuts and an award ceremony for the top runners.

Location: Strawberry Central Park
(Between 45th St and 56th Ave.)
212-262-7745
www.japandaynyc.org

featuring four consecutive classes on the history of tea, and four stage acts. Participants will get a chance to learn about the different tea plants and types: Green, Yellow, White, Wuyi, Long, Red, and Black. After tasting the different teas, participants will learn about the tea traditions and how to use brewing sets. Please register for the class beforehand on their website or by phone.

Location: 225 E. 76 St., 2nd fl. (btwn E Ave. & Ave. N), New York, NY 10009
DL: 673-522-9334 / www.tea-drink.com

May 15

Salon Series No. 85 Japanese Matsuri Workshop and Japanese Walk

Sachiyo Inc. and Company

Let by Japanese friends today, the Salon Series is a series of informative and educational programs developed for deepening the knowledge of the performing arts of Japan through performances, lectures, and demonstrations. The current Salon establishment will feature "Dancing Sacred Space II: Japanese Festivals Workshop and Japanese Walk" to the event with music and dance, a cleansing and purification (to) that invites sacred space will be performed. After the performance will have a chance to see the performers on either walking on a Japanese path on a meditative walk led by Ms. Joie Ando.

Location: Den Cultural Institute

424 W. 126 St., 2nd fl. (btwn E Ave. & Ave. N), New York, NY 10002
Info: www.sachiyo.com / info@sachiyo.com
DL: 212-437-6235

Event

April 25

Kinoma Viewing and O-Nomori The Kinoma House

Kinoma and yohoku specialty shop in SoHo. The Kinoma House will hold an o-nomori (berry blossom viewing) event featuring Kinoma. Kinoma experts in the shop will help participants put on their own Kinoma for the first time. They'll also give a lesson to those who don't know how. Don't miss all participants are dressed, they will go out for a walk to a city nearby which has cherry blossom trees in the background. Share this lovely moment with Kinoma lovers. Call the shop for details and to make a reservation.

Location: 225 Thompson St., 2nd fl. (btwn E Ave. & Ave. N), New York, NY 10002 / Tel: 212-563-8232



April 30 & May 1

Cosmetics Exhibition and Sales of Sakuma Matsuri in NYC

H.E. Toge Kosmetik

H.E. Toge Kosmetik is a cosmetics studio that has been offering Japanese cosmetic classes for beginners to advanced students since 1987. They will have a booth at the Sakuma Matsuri in Brooklyn-Brooklyn Garden, exhibiting cosmetic works made by members. All original items, ranging from toiletries to hairdressing, are on sale on-site. It is a good chance to talk with the cosmetic artists as well.

Location: Brooklyn-Brooklyn Garden
110 Washington Ave., Brooklyn, NY 11225
Info: www.hetoge.com



May 1

15th Annual Long Island Sakuma Matsuri!

Strong Brook Japan Center

Strong Brook University's Charles B. Wang Center and the Strong Brook Japan Center will be hosting the 15th Annual Long Island Sakuma Matsuri. Strong Brook's University Tokyo Table will open the festival and Long Island's own Rya Shou Ken Takai will end the festival. The pair there will be a cosplay fashion show based by CosplayNY Magazine, followed by a screening of some short films. There will also be musical performances, traditional dance performances, martial arts demonstrations, and more. Throughout the festival there will be activities for children such as origami drawing and a tea workshop.

Location: Strong Brook University
100 South Rd., Strong Brook, NY 11794-4940
DL: 415-432-1480

www.strongbrook.edu/strongbrook-festival-sakuma-matsuri.html



May 3-31

Super May 31st Flower Contest: Nishio Yume & Upper West Side

This May, Nishio Yume is hosting a flower-contest contest for a chance to win \$100 Nishio Yume gift card. At the start of the contest, the contestant will receive 5 pounds of money and when finished, they will receive one more pound. The champion is decided based on who can eat the most in 30 minutes. The challenger will receive five years coupon with various discounts. The contest will only be hosted in the Upper West Side location. For more contest details, visit the Nishio Yume website.

Location: 345 Broadway, 2nd fl. (btwn E Ave. & Ave. N), New York, NY 10003
DL: 212-222-6229 / www.nishioyume.com



May 5

GO! GO! BIRTHDAY Campaign Go! Go! Curry!

Japanese style curry age daily point, Go! Go! Curry will hold their GO! GO! BIRTHDAY Campaign on May 5, offering Tokyo (world) Park Katsu Curry or Chicken Katsu Curry for \$5 (Reg. \$7). Also those who make a purchase on this day will receive five free topping coupons (one coupon per topping) that can be used on the next visit. Currently operating in four locations in Midtown East and one in SoHo. They are opening a new store in Midtown East (215 E. 53rd St.) in May.

Location: New Square Stadium

215 W. 53rd St., New York, NY 10019

Washington Square Park Stadium

215 Thompson St., New York, NY 10012

World Trade Center Stadium

12 John St., New York, NY 10004



Event Feature

May 22

Passport to Taiwan: Immerse Yourself in the South Asian Island

Taiwanese American Association of New York (TAANY)

The 15th Annual Passport to Taiwan Festival is organized by the Taiwanese American Association of New York (TAANY). At the festival, attendees can enjoy Taiwan Taiwanese night market foods, a Taiwan tea

selection, and one purchase unique Taiwanese crafts. There will also be performances of Taiwanese traditional music and dance. The TAANY hosts several events throughout the year ranging from lectures to cultural performances to promote a cultural exchange with the Taiwanese and New York community.

Location: New Square Park Stadium, 215 Park Ave. S., 2nd fl. (btwn E Ave. & Ave. N), New York, NY 10003
www.tany.org

Cher's Salon

100 W. 7th St., New York, NY 10011
 Cambridge Station/Studio of NYADA
 505 Massachusetts Ave., Cambridge, MA 02139
www.gogaynyc.com

May 8**Asia Pacific American Heritage Month Celebration****Asia Society**

Asia Society celebrates its 50th anniversary this year and will hold a variety of events and exhibitions throughout the year. They are holding a one night event in celebration of Asian Pacific American Heritage Month on May 8, 6-8:30 pm. Visitors can enjoy live Museum admission and tour: music by DJ Sakai, and specialty drinks and snacks including Korito BBQ and desserts by Lady M Confections. AsiaSociety offers discounts on Asian American designer collections. It is also the last chance to see the exhibition *Kawakita, Resonance and Spirituality in the Sculpture of Japan*.

Location: 753 Park Ave., 2nd Fl. 2nd Fl., New York, NY 10022
www.asiasociety.org/ny

May 8**Spring Showcase at the 3rd Annual Fukuoka Goats & Cocktails****Rae N. Ransom #14**

A sister plant in New Rochelle, Rae N. Ransom #14, is participating in the Weinchester a premier LGBT fund & was also 3rd Annual Fukuoka Goats & Cocktails, serves one of his special ramen dishes. Created in 2013, Fukuoka Goats & Cocktails was an event that gathered the LGBT community and their allies of the New York Metropolitan Area for a night of indulging, social networking, dining and community. It allows attendees to taste the latest food trends throughout Weinchester & Hudson Valley.

Location: The Eco-Golfing, Weinchester

3 Renaissance Square, White Plains, NY 10601

www.dynanetwork.com

info.therestaurant.com

May 14**The Tasting Event****Ketel**

Ketel is a New York City/Fukuoka based tea company that is dedicated to delivering high quality Japanese tea. Working directly with farmers and producers, the company is meticulous about every step of the tea making process. Ketel



is hosting a tea tasting event at The Brooklyn Kitchen to introduce customers to the various flavors of "Shade" new crop tea. Attendees will taste tea leaves imported directly from Japan and learn how it is grown.

Location: Brooklyn Kitchen

100 West St., 2nd Floor Kitchen and Worker Area 2 Brooklyn, NY 11201
info.therestaurant.com

May 17**SEMO STEW: Samsu Viewing and Chankonabe Hot Pot Event****Samsu Show**

Samsu Show is an event, in which participants enjoy watching some wrestling matches in Japan through live streaming and savor special Samsu based comforted of Japanese-inspired dishes from top New York City restaurants. Also served is a hearty, warming bowl of chankonabe (the "sumo stew") wrestlers prepare and eat before matches) and plenty of beer and Japanese spirits (sake, shochu, whiskey and more). A ticket is \$50 and a portion of the proceeds will be donated to St. John's Blood and Life. \$10-\$20 supports its mission and soup kitchen, which serves over 3,500 meals to hungry New Yorkers daily.

Location: Brooklyn Brewery

100 West St., Brooklyn, NY 11201

www.samsu.com

May 27**Shincha New Crop Tea Tasting Event****Sakito Chinko Bar / Upcycle / Kettl**

Time spring from April to June, as the season of shade new crop tea in Japan. This will be all kinds of incredible initiatives available for consumers. Sakito Chinko Bar in collaboration with 300 years old, celebrated tea producer, Upcycle, and New York's Fukuoka based tea company Kettl is hosting an event among the best selection of their tea. Customers can enjoy the freshly selected tea directly from Japan as well as learn the history and back-

grounds of tea from the tea experts.

Location: Sakito Chinko Bar

24 Greenwich Ave., 2nd Fl. 2nd Fl. New York, NY 10011
 TEL: 646 836-1111 / www.sakito.com

Happenings

Free tote bags giveaway in Chopticks NY Readers' 5th & 14th

Located in three neighborhoods in Manhattan, Japan's 5th & 14th, is proud for their high quality fashionable and comfortable clothes offered at reasonable prices. These 5th & 14th locations will celebrate their one year anniversary this April and they are holding a special giveaway exclusively for Chopticks NY readers: giving away their original tote bag to Chopticks NY readers who pay a visit to 5th & 14th. The promotion will be held in all three Manhattan locations, and the first 10 customers at each location will receive the free tote bag (one bag per person). No purchase necessary but don't forget to mention Chopticks NY to enjoy the gift.

Location: 5th & 14th Info

25 W. 5th St., New York, NY 10012

TEL: 212-222-1344

5th & 14th Tokyo

25 Greenwich Ave., New York, NY 10011

TEL: 212-271-0800

NY's 5th & 14th New York

400 Columbia Ave., New York, NY 10011

TEL: 212-724-7655 / www.hakibag.com



Chanko Party with a Pro-Sumo Wrestler AZASU

On April 1st, AZASU hosted a Chanko-nabe Hot Pot Party in honor of the famous sumo wrestler, Ryū-kyōkai, who retired last summer. Chanko is a traditional hot pot dish eaten by sumo wrestlers during their training. The dish consists being mindfully well-balanced and plentiful of toppings, consisting of tofu, seafood, meat and vegetables. The event was held at two separate sessions, each of which lasted for two hours, giving attendees a chance to meet the honorable wrestler while tasting chanko-nabe. The event had a suc-



cess guest, Sachiko Kobayashi, an accomplished Japanese Onna gyaru well-known supporter of the Japanese Gaido Club Association.

Location: 40 Clinton St., 2nd Fl. 2nd Fl. New York, NY 10011

TEL: 212-777-7667 / www.concept.com

50% Off on Laser Hair Removal and 75% Off on Laser Facial

Easy Laser

Easy Laser provides laser hair removal and laser facial utilizing Cyrena's Elite Aesthetics. Workstations. Until the end of May, they will offer special discounts for Chopticks NY readers only. During the promotion period, you can receive laser hair removals excluding Full Body Packages at 50% off. Also, Fractional Laser Facial will be offered for \$300 (Reg. \$700), which is a 75% discount. Don't forget mentioning ChopticksNY when making appointments. Consultation before treatment is free of charge.

Location: 43 W 29th St., (bet. 4th & 26 Ave.)

New York, NY 10001

RS: 212-651-8888 / www.easylaser.com

Free Tinsel Set for First 3 Customers with Karaoke Straightening Service

Babish New York

Japanese hair salon in Midtown Times Square is offering a special promotion for Chopticks NY readers. The first 3 customers who make an appointment for Karaoke Straightening Service will receive a travel-size Karaoke shampoo & treatment set for free (Reg. \$30). Karaoke Straightening makes fuzzy hair straight results lasting for 3-6 months. The travel-size shampoo and treatment can be used for after care of the straightening. To receive the gift, be sure to mention Chopticks NY when making your appointment.

Location: 225 E. 34th St., (bet. 2nd & 3rd Ave.), New York, NY 10002

RS: 646-727-0030 / www.babish.com

May Promotion: 50% Off Karate Gaiters and Bachelors Chirokari Cakes

GGRN

Since its establishment in 1982, GGRN Japanese Trading has specialized in providing fine Japanese kitchenware to restaurants and home kitchens. Perfect for the barbecue season throughout May, they will offer karae gaiters and bachelors chirokari cakes at 50% off in-store and at their online shop, www.ggrn.com. To enjoy the offer, be sure to enter promotion code: CH2015 at the cart.

Location: 17 W 44th St., (bet. 3rd & 4th Ave.)

New York, NY 10017

RS: 212-567-7827 / www.ggrn.com

18% Off Asian Beauty Products and Gift Sets

o2Skin is ChopticksNY's variety of Asian beauty products and innovative skin care all over the world. Particularly, they stock great selections of Japanese and

Korean beauty products, from long-lasting to most up-to-date items. Perfect timing for shopping for Mother's Day gifts: in the month of May, they will offer 18% off all products exclusively for Chopticks NY readers. Same target mentioning Chopticks NY to receive the discount.

Location: 31 West St., (bet. Canal & Payette Sts.), 2nd fl.

New York, NY 10013 / www.o2skin.com

ANA Card USA Double Shopping Mile Campaign

ANA CARD U.S.A.

ANA CARD U.S.A. is offering \$5 extra reward mile for the first year to new applicants from April 1-June 30. Use campaign code ACUR08 when applying. The card members will be able to participate in the Double Shopping Mile Campaign during May 1-June 30. In the campaign, ANA CARD U.S.A. members will receive double miles on their eligible ticket purchases at ANA website, www.flyana.com during the campaign period. For more details about the campaign visit the ANA website <http://www.flyana.com> or call 1-800-444-4444.

Whitening Whitening Special Promotion

Dental Smiley at Manhattan

From May 1-30, Dental Smiley is offering braces and grooves a full whitening session for \$7,350 (Reg. \$11,800). The whitening session will include intensive whitening, dental hygiene consultation and a smile makeover consultation. Dental Smiley offers a variety of services in dentistry and cosmetic dentistry with flexible payment options with or without insurance. Dental Smiley gives patients individualized care to help them achieve a healthy smile.



Location: 375 Madison Ave., 3rd fl. NY, NY 10017

New York, NY 10017 / RS: 212-538-8384 / www.dental-smiley.com

\$100 Discount for Gift and Babylogie Service

Hair by MYU

Myu Ashimori, hair stylist with over 25 years of experience, has worked with private clients, celebs, stylists and fashion shows. For this May only, Chopticks NY readers who make an appointment with Myu can receive a \$100 discount on cut and babylogie service. Similar to ombre, babylogie is a type of highlight technique which creates a natural look gradient.

Location: 4th fl.

204 E. 68 St., (bet. 2nd Ave. & Cooper St.), New York, NY 10002

RS: 212-651-6817 / www.hair_by_myu.com

Premium Sweet Potato Shochu Special

Kumatai Japan / Masan Brachlyn

Wesley Brachlyn, Japanese restaurant specializing in creative dishes incorporating local ingredients and seasonal flavors, will be offering Kumatai no Shochu (premium sweet potato shochu) by Kumatai Japan during the month of May. Crafted with premium sweet potatoes made by an award-winning grower, locally made rice koji, this shochu goes through an aging process that helps it mature into a well-rounded taste. Those ordering Homemade Pickles or Organic Fried Chicken and a glass of Kumatai no Shochu can enjoy the glass for \$5 (Reg. \$10).

Address: 87 E. 11th St.

RS: 212-725-8330 / www.kumatai-japan.com



Special Event Premiering ANA STAR WARS™ Project ANA (All Nippon Airways)

ANA (All Nippon Airways), in collaboration with the Walt Disney Company Limited U.S.A., inaugurated the STAR WARS™ Project utilizing the STAR WARS™ characters for their promotion. For the first time in the world, ANA has three special aircrafts with the STAR WARS™ characters from now through March, 2020.

On April 8, ANA invited press, media and VIP clients to the event viewing the inaugural flight of 787-9™ ANA-JET (Boeing 777-300ER) at JFK Airport. During the event, guests were able to welcome the inaugural flight from the rooftop of an exclusive restaurant and bid the outgoing flight farewell from the runway.

Popular character 787-9™ which appeared in



STAR WARS Force Awakens is designed on the body of the 787-9™ ANA-JET as well as items and props inside the aircraft, such as paper cups, headphones and aprons. The aircraft is currently operated on routes between Japan (Narita) and Hawaii and the U.S. (New York, Chicago, Washington D.C., Houston and Los Angeles).

Two other aircrafts 787-9™ ANA-JET (Boeing 787-9) and STAR WARS™ ANA-JET (Boeing 787-9) are also being operated.

www.ana.co.jp/en



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